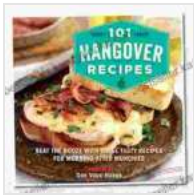


Beat the Booze: Tasty Recipes for Morning-After Munchies

Waking up with a hangover is never fun. But it doesn't have to be all bad. With the right food, you can actually help to alleviate your symptoms and get your day started right.



101 Hangover Recipes: Beat the booze with these tasty recipes for morning-after munchies by Dan Vaux-Nobes

★★★★☆ 4.7 out of 5

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One of the best things you can do for a hangover is to eat a healthy breakfast. This will help to replenish your body's nutrients and give you the energy you need to power through the day.

But what if you're not feeling up to eating a big meal? That's where these tasty recipes come in. They're all easy to make and packed with nutrients that will help you to feel better fast.

1. Scrambled Eggs with Smoked Salmon

This is a classic hangover cure for a reason. Eggs are a good source of protein and fat, which can help to stabilize your blood sugar levels and reduce nausea.

The smoked salmon is a good source of omega-3 fatty acids, which have anti-inflammatory properties. This can help to reduce headaches and muscle aches.

Ingredients:

* 2 large eggs * 1 tablespoon butter * 1/4 cup smoked salmon, chopped * 1/4 cup chopped onion * 1/4 cup chopped bell pepper * Salt and pepper to taste

Instructions:

1. In a large skillet, melt the butter over medium heat. 2. Crack the eggs into the skillet and cook until they are set to your desired doneness. 3. Add the smoked salmon, onion, and bell pepper to the skillet and cook until the vegetables are softened. 4. Season with salt and pepper to taste.

2. Oatmeal with Berries and Nuts

Oatmeal is a good source of complex carbohydrates, which can help to keep you feeling full and satisfied all morning long.

The berries and nuts are a good source of antioxidants and fiber, which can help to boost your immune system and reduce inflammation.

Ingredients:

* 1 cup rolled oats * 2 cups water or milk * 1/2 cup berries, fresh or frozen * 1/4 cup nuts, chopped * 1 tablespoon honey or maple syrup (optional)

Instructions:

1. In a medium saucepan, combine the oats and water or milk. 2. Bring to a boil over medium heat. 3. Reduce heat to low and simmer for 5-7 minutes, or until the oats are cooked through. 4. Stir in the berries, nuts, and honey or maple syrup (if desired).

3. Smoothie with Yogurt, Fruit, and Spinach

A smoothie is a great way to get a lot of nutrients in one easy-to-drink meal.

The yogurt is a good source of protein and calcium, which can help to stabilize your blood sugar levels and reduce nausea.

The fruit is a good source of vitamins, minerals, and antioxidants, which can help to boost your immune system and reduce inflammation.

The spinach is a good source of iron and fiber, which can help to improve your energy levels and keep you feeling full.

Ingredients:

* 1 cup yogurt * 1 cup fruit, fresh or frozen * 1 cup spinach * 1/2 cup water or juice * 1 tablespoon honey or maple syrup (optional)

Instructions:

1. In a blender, combine the yogurt, fruit, spinach, water or juice, and honey or maple syrup (if desired). 2. Blend until smooth.

4. Toast with Avocado and Eggs

Toast is a simple but satisfying meal that is perfect for a hangover.

The avocado is a good source of healthy fats, which can help to stabilize your blood sugar levels and reduce nausea.

The eggs are a good source of protein and fat, which can help to give you the energy you need to power through the day.

Ingredients:

* 2 slices of whole-wheat toast * 1/2 avocado, mashed * 2 eggs, fried or scrambled * Salt and pepper to taste

Instructions:

1. Toast the bread until it is golden brown. 2. Spread the avocado on the toast. 3. Top with the eggs and season with salt and pepper to taste.

5. Grilled Cheese Sandwich

A grilled cheese sandwich is a classic comfort food that is perfect for a hangover.

The bread is a good source of carbohydrates, which can help to stabilize your blood sugar levels and reduce nausea.

The cheese is a good source of protein and calcium, which can help to give you the energy you need to power through the day.

Ingredients:

* 2 slices of whole-wheat bread * 1 tablespoon butter * 2 slices of cheese * 1/4 cup chopped onion (optional) * 1/4 cup chopped bell pepper (optional)

Instructions:

1. Butter one side of each slice of bread. 2. Place one slice of bread, butter-side down, in a skillet. 3. Top with the cheese, onion, and bell pepper (if desired). 4. Place the other slice of bread, butter-side up, on top. 5. Cook over medium heat until the cheese is melted and bubbly and the bread is golden brown.

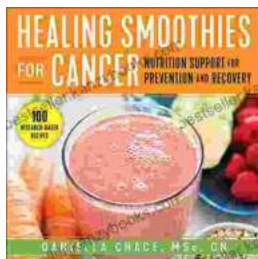
These are just a few of the many delicious recipes that can help you to cure your hangover and get your day started right. So next time you wake up with a headache and a queasy stomach, reach



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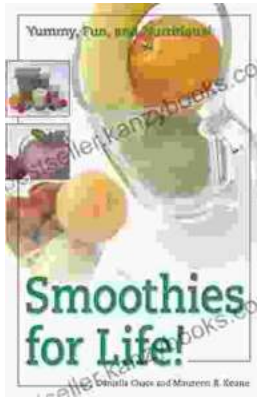
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